

The disposal of excreta and care of the bedpan is most important of all. A little chloride of lime should be sprinkled into the bedpan before it is used, and when removed from the patient sprinkle more chloride of lime and allow to stand at least one hour; then empty and scald well. A solution of chloride of lime must be kept on hand to pour into the closet, and the closet should be well flushed each time it is used.

When convalescence fairly sets in the patient has longings for food, which if indulged might lead to violent reaction or even relapse. It has happened that a single well-meant but ill-directed indulgence has ended in death. This is an exceedingly trying time for the nurse, for not only must she deal with her patient, but with officious friends, who never consider that convalescence has its degrees and its course the same as the disease, and that the after-nursing is just as important as when the patient was unable to lift the head from the pillow.

There are other indulgences besides those of the stomach: patients are apt to overexert themselves, friends often carry on long and tedious conversations, prolonged readings, error in too little or too much clothing, and one must remember that in all these things the patient is, so to speak, like a child, for neither mind nor body has recovered its tone, and for a time the nurse must guide him by her experience.

As regards infection, true nursing knows nothing except to prevent it; cleanliness and fresh air and unremitting attention to the patient are the only defence a good nurse asks or needs.

THE NURSE AND THE MEDICAL MAN *

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THERE are at least two reasons why medical men are particularly interested in training-schools for nurses, and the first of these is, perhaps, the more important one, viz.: the success of the physician's treatment of a case, whether it be purely surgical, purely medical, or a combination of these, depends to a very large extent upon the intelligent coöperation of the nurse. Then, in the second place, scientific nursing and scientific medicine for the last fifty years have been so associated that we can hardly think of the one without being reminded of the other.

Before the years of the Crimean War there were faithful, conscien-

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tious, and (in a sense) trained nurses, just as there were devoted and skilful physicians, but modern professional nursing as well as modern medicine, and especially that most important of all branches of the healing art, preventive medicine, date from about the same period.

Another parallel between the practice of medicine and the art of nursing might be drawn in the fact that the beginnings of these forms of wisdom showed themselves first in the East, because you must remember that Florence Nightingale carried on her pioneer work not in Europe, but in Asia. I well remember thinking of this curious coincidence when I first saw across the Bosphorus the Scutari Hospital, where were first enunciated those rules of professional conduct whose practice we celebrate this evening. Although it is an old story, it may not be inappropriate to refer to the condition of things that prevailed when Miss Nightingale (whose eighty-first birthday was celebrated only a few weeks ago) landed on the shores of Asiatic Turkey. There she found two thousand three hundred wounded soldiers, with five hundred more coming in. Most of these, worn out by wounds and disease, lay dying on bare floors for want of the simplest attention. All the ordinary arrangements for the care of the sick and wounded had entirely broken down. As one writer tells us, Florence Nightingale at this juncture arrived like an angel from Heaven. No personality exposed to the public eye from the gloomy, ill-managed Crimean War stands out so brightly as that great woman, who brought order out of chaos, and taught the world how devoted, educated, refined womanhood could find in nursing the sick and wounded one of the noblest occupations opened to her sex.

The splendid present the people of Great Britain gave her, amounting to a quarter of a million dollars, she donated to the establishment of nurses' training-schools, and we have a right to claim that even greater in its effect upon the times than her work and example in the hospitals of the Crimea was this act, pioneering a new era of nursing in consequence of the training-schools established by her. From the seed thus wisely sown have sprung and increased a hundred fold, all over the world, noble institutions from whose doors emerge every year members of a sisterhood whose gentle ministrations are known and appreciated by us all.

There are some aspects of nursing that the public do not, perhaps, value as they might, and which I would like to refer to. It is not often considered by the patient and his friends how much more effective and how much more satisfactory are the physician's efforts to restore health than in the old days because of the increased knowledge of medicine possessed by the trained nurse. I can well remember how dubious were even members of the profession when it was proposed to expand the cur-

riculum in the training-schools. "A little knowledge is a dangerous thing," said one. "The nurse will attempt to teach us before long," said another, and so on. Altogether, it reminded me of the ancient argument against the introduction of machinery, that the handworkers would starve. I need not tell you that these anxious prophecies have not been fulfilled, and we now know that we desire to teach our graduates in nursing as much as we can, not that they may make embryo-doctors, but intelligent and, in consequence, more useful nurses, that they may the more effectively aid the medical attendant in combating disease in the pursuit of his arduous duties. That this has been the result of following such a policy is now acknowledged by most members of both professions.

It must not be supposed that because of the important relations that nursing bears to the practice of medicine either doctor or nurse should ever forget their chief *raison d'être*—the welfare of the sick people to whom they jointly minister. Hippocrates, wisest and best of all the Fathers of Medicine, long ago reminded us that we cannot go wrong if we always bear in mind the interest of our patient. Put in another way, by another Father in Healing, let us do for the sick one just that we would have done to us were our positions reversed.

I regard it as a good omen that while we are here gathered to wish "God-speed" to this band of trained nurses they are tearing down the old Black Bull Tavern in Holborn, where Sairey Gamp nursed Mr. Lewsome in partnership with Betsy Prig—"Nussed together, turn and turn about, one off, one on." I am glad to hear of the demolition of that old building in London because I feel sure that its removal is symbolic of the disappearance from the face of earth of a phase of professional nursing that has no kin with that, for example, which is typified by St. Luke's Training-School.

I have tried in these few minutes to impress upon you, from the standpoint of my *confrères*, not only the very great importance of the work you have undertaken, but to assure you that *your* success will, in a great measure, be regarded by us as *our* success, *your* failure (if such a thing be possible) as *our* misfortune.

"Blessed is the man who has found his work," says Carlyle, and, let us add, thrice blessed is the woman who has found hers in nursing the sick and in caring for the wounded.

